



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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CATAWBA COUNTY SENIORS MORNING OUT ANNOUNCES JUNE PROGRAMS

HICKORY -- The five Seniors Morning Out locations in Catawba County will offer a wide variety of programs in June. These programs are free to any Catawba County resident who is 60 years old or better.

Activities, exercise, health information, fellowship and a nutritious lunch are offered Monday through Friday mornings, except for holidays.

The Newton program, located at First Presbyterian Church-Newton, will have a program called "Learn to Crochet" on June 5. On June 6, the group will hear from the editor of the book "Lee and Jackson's Bloody Twelfth." On June 18, participants will hear a program titled "When Sleep Won't Come" by Health First. On June 19, the group will enjoy bowling at Pin Station. On June 20, they will participate in an ice cream social provided by Brookdale Senior Living. On June 21, the group will hear a presentation on Container Gardening with Kelly Groves of Home Extension Services. You must register for these events at least 24 hours in advance by calling Robyn Curtis at 828-455-4133.

The Claremont Seniors Morning Out Program, held at Bethlehem United Methodist Church, 3214 Catawba St., will hear a program on Hearing Loss by Cynthia Harmon on June 12. They will have a Father's Day Celebration on June 13. On June 14, they will hear a presentation on "More in My Basket" by Glennie Daniels of the Extension Service. On June 15, the group will enjoy a cookout at Claremont Park. On June 19, they will go bowling at Pin Station and then shop at Honey's IGA. The group will learn about Container Gardening on June 20. On June 27, Carmen Crane will present a program on Baking Muffins. On June 29, the group will watch the movie "We Bought a Zoo." To register for any of these programs, contact site manager Wendy Thomas at least 24 hours in advance by calling 320-0434.

The West Hickory SMO program, located at the Senior Citizen Center at 400 17th St. SW, Hickory, will hear a presentation on "Can Shingles be Serious?" on June 4. On June 5, the Carolina Harvest Band will perform. On June 6, participants will learn about Container Gardening. On June 14, the Eastern Sky Band will perform. On June 15, they will be entertained by the Cornfield Cloggers. On June 19, child pianist Logan Wilson will perform. To reserve your spot, contact site manager Annie Williams at 828-323-8746.

The East Hickory SMO, located at Highland United Methodist Church, 1020 12th St. Place NE, will learn about Container Gardening on June 1. On June 8, they will take a day trip to Elizabethton, Tenn., to attend

the Covered Bridge Celebration. On June 14, bee keeper Doug Vinson will speak. On June 15, they will have a Fathers Day cookout. On June 22, James "Hillbilly Jim" Stepp will entertain the group with music and stories from years gone by. On June 26, Slim Jim will be "Pickin and Grinnin." June 27 will feature a Talent Show. To reserve your spot, contact site manager Rita Pritchard at 828-320-5963.

Maiden SMO, located at the Maiden Community Center, 207 E. Klutz St., will learn about Container Gardening on June 5. They will have an Ice Cream Social provided by Brookdale Senior Living on June 8. They will hear a program, "Is Your Diet Healthy or Trendy?" on June 11. On June 12, Glennie Daniels will give a presentation on Artificial Sweeteners. To reserve your place, call Loretta Hefner, site manager at 828-320-5966.

Seniors Morning Out is a program of Senior Nutrition Services, a division of Catawba County Social Services. These programs rely on donations and volunteers from the community to serve more than 1,200 senior citizens in the county. For more information about any of these programs, go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>. You may also "like" Meals on Wheels of Catawba County on Facebook or call 828-695-5610 for more information.

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